

## The Pediatric Diabetes Program at Advocate Hope Children's Hospital

The Pediatric Diabetes Program at Advocate Hope Children's Hospital offers comprehensive care to young patients with type 1 and type 2 diabetes and their families. We provide all components to fully manage the disease, including advanced diagnostics and treatments, extensive physician access and outpatient education programming. Led by pediatric endocrinologist, Dr. Anita Swamy, the pediatric diabetes team at Hope Children's Hospital includes pediatric endocrinologists, pediatric nurses, a dietitian, a diabetes educator and a school liaison. Our school liaison works to ensure that diabetes is managed in the school by providing education and guidance to school nurses and teachers about sugar checks, nutrition and general information about diabetes. Patients and their families also have access to a psychologist to deal with the depression that patients can sometimes feel and to help families accept the diagnosis.

## Commitment to Education

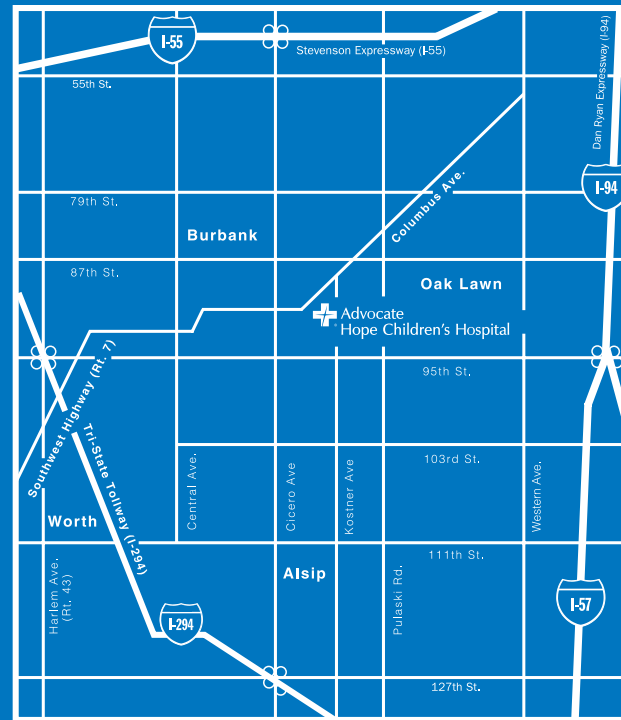
A key component in treating diabetes is an understanding the disease and how to manage it. The pediatric diabetes program at Advocate Hope Children's Hospital fosters a strong commitment to patient and community education.

Patients are required to attend intensive outpatient education sessions, where they learn about maintaining optimal levels for blood sugar, weight, blood pressure and cholesterol. Parents, extended family and teachers are encouraged to attend the sessions so that they can provide the very best support to young patients with diabetes.

Support groups are available to parents of children with diabetes, where they can share their stories and assist each other in dealing with their children's diagnoses.

## MAKE AN APPOINTMENT AT ADVOCATE HOPE CHILDREN'S HOSPITAL TODAY

For assistance with scheduling an appointment or for a physician referral,  
call 1-800-3-ADVOCATE (1-800-323-8622)



## Advocate Hope Children's Hospital

4440 W. 95th Street, Oak Lawn, Illinois 60453  
1-800-3-ADVOCATE (1-800-323-8622)

[www.advocatehealth.com/hope](http://www.advocatehealth.com/hope)



Advocate Hope Children's Hospital, located on the medical campus of Advocate Christ Medical Center, is the largest freestanding pediatric medical facility in the south and southwest suburbs. The hospital offers a Level IIIc neonatal intensive care unit, one of the largest pediatric cardiology programs in Illinois, and an internationally recognized pediatric hematology and oncology division. Hope Children's Hospital is staffed with more than 175 physicians, representing 30 specialties and subspecialties. The 69-bed institution expanded its services to families by partnering with Ronald McDonald House Charities® to open a 16-bedroom Ronald McDonald House® in 2008. Hope Children's Hospital is a member of the National Association of Children's Hospitals and Related Institutions (NACHRI), a non-for-profit organization dedicated to the health and well-being of children through its national network of hospitals and health centers.

## Advocate Hope Children's Hospital

Powerful medicine.  
Compassionate care.

# PEDIATRIC DIABETES



## What is Pediatric Diabetes?

Diabetes occurs when insulin, a hormone that transports sugar to the blood stream for energy, is either not produced by the body or is prevented from working. Children with diabetes often experience multiple symptoms at the same time, including the sudden need to drink more fluids and urinate much more frequently, sudden weight loss, difficulty breathing, changes in mental status, visual impairment, fatigue, lethargy, vomiting and belly pain. Type 2 diabetes can also be characterized by slow-healing sores or frequent infections. Some children with type 2 diabetes have dark patches of skin in the folds of their bodies, which can be a sign of insulin resistance. Pediatric diabetes is typically divided into two main types:

### Type 1 Diabetes

Type 1 diabetes is an autoimmune condition where the body attacks the pancreas and stops the production of insulin. It is often detected in children between the ages of six and 10. Type 1 diabetes can be easily managed when patients and their families are educated about treatments and adhere to healthy lifestyles. Currently, there is no way to prevent type 1 diabetes.

### Type 2 Diabetes

Type 2 diabetes is a condition where the body is able to produce insulin, but the body prevents the insulin from doing its job. Type 2 diabetes has traditionally been an adult disease; however, with childhood obesity on the rise, type 2 diabetes is becoming increasingly prevalent in adolescents and teens. Young patients can also have a genetic predisposition for developing the condition. And unlike type 1 diabetes, type 2 diabetes can often be prevented and cured with healthy eating and weight management.



## Comprehensive Diabetes Screening Tests

Hope Children's Hospital offers a range of diagnostic tests for young patients suspected of having diabetes. Physicians determine whether a patient is at risk for diabetes or has the disease, as well as the type of diabetes. Tests used to screen for diabetes include:

### Fasting blood sugar test

A blood sample is taken after an overnight fast to determine blood sugar levels. A fasting blood sugar level of less than 100 is normal. Higher fasting blood sugar levels indicate a high risk for developing diabetes. Fasting blood sugar levels of 126 mg/dL or higher indicates diabetes.

### Random blood sugar test

A blood sample is taken at a random time to determine blood sugar levels at any given time. A random blood sugar level of 200 or higher indicates diabetes.

### Two-hour glucose test

After an eight-hour fast, a blood sample is taken, and the patient drinks about a cup of glucose mixture. Additional blood samples are taken every 30-60 minutes for two hours. A two-hour blood sugar level of 200 or more indicates diabetes.

## Latest Treatments and Technologies

Patients at Advocate Hope Children's Hospital have access to a full array of treatments, including medications for type 2 diabetes that not only facilitate insulin function, but also help young patients to lose weight. We also offer the latest devices to treat type 1 diabetes, including:

### Continuous Glucose Monitoring System

is a device placed under the skin that can measure glucose 24-hours a day, providing physicians more accurate data to determine blood glucose changes and patterns in patients with type 1 diabetes.

### Insulin Pump

is a device the size of a pager that delivers insulin under the skin, without the need for insulin injections.

Both type 1 and type 2 diabetes are very manageable, and children with diabetes can go on to live long healthy lives. The key to effectively managing pediatric diabetes is education about treatments and healthy eating, as well as family and community support.